



## Berry Beet Smoothie Bowl

2 servings

10 minutes

### Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk

### Directions

- 1 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 2 Transfer to a bowl and add toppings. Enjoy!

### Notes

**Topping Ideas:** Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

**No Schisandra Berry Powder:** Leave it out, or use acai powder instead.